

BAYSIDE CHATTER

BREWSTER COUNCIL ON AGING

1673 MAIN STREET
BREWSTER, MA 02631
508-896-2737

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"We Care About You"

4TH ANNUAL END OF SUMMER BBQ!

on the front lawn of the Brewster COA

Co-hosted by the Brewster Council on Aging and
the Friends of Brewster Seniors

Friday, September 12th
11:30 - 2:00
doors opening at 11:30



Menu includes
hamburgers, hot dogs,
baked beans, coleslaw,
dessert and assorted
beverages

Tickets: \$5

limited to 4 tickets per person
seating limited to 50 people

**Come join us for food, friendship
and maybe even some bocce!**

Purchase tickets at the Brewster COA
on sale now, until September 3rd

1673 MAIN STREET
MONDAY - FRIDAY
8:00 - 4:00

DRUMMING FOR FUN AND WELLNESS



Sponsored by the Brewster Council on Aging

Join Sam Holmstock for this special drumming class. Sam is co-founder of the band ENTRAIN and has played with such notable musicians as Bo Diddly, Gil Scott-Heron, and James Taylor to name a few. A Berklee graduate, he is currently on the faculty of the Cotuit Center for the Arts and brings therapeutic drumming to many neurodiverse communities on Cape Cod.



For Brewster residents only!

6 week class
September 19 - October 24
1:00-2:00
Art Center - Sea Camps
3057 Main Street
\$30



Group drumming is an ancient practice for stress reduction, self-expression and community building. It is supported by ample scientific data to mitigate the symptoms of PTSD, stress and depression. This program gives participants a physical and emotional outlet for healing. It's a great adjunct to conventional therapies.

A drum circle is exactly what it sounds like—individuals coming together to tap, hit, shake, or strike various drums to establish a rhythmic beat. Often there is a call and respond element to it. Beyond fostering self-expression, these vibrant rhythms are recognized for their ability to alleviate stress and rejuvenate participants.

Drums will be provided and no prior experience is necessary. Participants will learn the basic hand positions and explore unique sound rhythms. There's a RIGHT way to play the drums and an even RIGHTER way, you simply can't go wrong!

To sign up for this exciting class, please contact the COA at 508-896-2737



SEPTEMBER/OCTOBER 2025



Elton R. Cutler

Director, Brewster Council on Aging

September is

National Senior Center Month

Powering Connections

Welcome to Bayside Chatter!

September is Senior Center Month

It's a time to celebrate the vital role that senior centers play in our communities.

✿ **Connection and Community**—Senior centers are more than just places to gather; they are hubs of connection.

🧘 **Health and Wellness**—Many senior centers offer programs focused on health and wellness, including fitness classes, nutrition workshops, and health screenings.

🎓 **Lifelong Learning**—Senior Center Month highlights the various educational programs available, from art classes to technology workshops.

🛠 **Support and Resources**—Senior centers often provide essential resources, such as information on healthcare, transportation, and social services. This month serves as a reminder of the support available to seniors, helping you navigate resources.

Brewster COA Staff

Elton R. Cutler - Director

Amy Kelly - Senior Department Assistant

Margaret Clancey - Department Assistant

Annie Rapaport - Program Coordinator

Cindy Thatcher - Outreach/SHINE Coordinator

Linda Harding - Outreach/SHINE Coordinator

Brian Locke - Transportation Coordinator

Steve Holmes - Van Driver

Rob Williams - Van Driver

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Penny Holeman, Member

Jill Beardsley, Member

Honey Pivrotto, Member

Jan Crocker, Member

Eva Orman, Alt. Member

Linda Schuyler, Alt. Member

SWIMMING AT

BREWSTER GREEN

October 17th thru May 22, 2026

10:00-12:00



Brewster residents may drop in for a swim at Brewster Green. Please come to the COA to sign up. An honor system fee of \$1 per swim paid to the COA, weekly or monthly is the cost. If you have questions please call the COA at 508-896-2737

MISSION STATEMENT

To support and advocate for older adults and their families by providing programs, services and resources that promote independent living and quality of life.

Inside this issue:

Director's Notes	2
Announcements	3-4
July/August Calendars	6-7
Upcoming Programs	9-11
Ongoing Social Programs	11
Exercise	12
Health	12
Nutrition and Education	14
Services	14-15
Friends of Brewster Seniors	15
Transportation	16

For the latest information on topics please visit our

NEW COA website at:
www.brewstercoa.com

VOLUNTEER MEDICAL DRIVERS NEEDED



The Brewster COA is looking for Individuals interested in volunteering to drive Seniors to their routine medical appointments.

Our program has helped hundreds of Brewster Seniors get to their much needed medical and dental appointments. Our volunteers use their own vehicles and receive mileage reimbursement as well as provide a social connection with the Seniors they are supporting. Volunteers are able to choose the days and times that suit their schedule.

For the safety of our Seniors all drivers **must** fill out an application and a CORI (Criminal Offender Record Information) Form. Please contact Peggy, at the COA for more information or if you would like to be a part of this wonderful service.

Receive the 'Bayside Chatter' via Email:

Are you receiving too much paper? Would you like to help out the environment? Or perhaps you don't want to wait for your snail-mail! If you would like to skip the paper and have our newsletter emailed to you, the process is simple. Just send an email with your name to: coanewsletter@brewster-ma.gov. Please include your address and phone number. In the subject line, please put 'email newsletter'. We will then remove your name from our paper mailing list, and add it to the email version.

DIRECTORS NOTES:

3

National Good Neighbor Day



National Good Neighbor Day is an actual holiday.

In 1978, United States President Jimmy Carter issued Proclamation 4601:

"As our Nation struggles to build friendship among the peoples of this world, we are mindful that the noblest human concern is concern for others. Understanding, love and respect build cohesive families and communities. The same bonds cement our Nation and the nations of the world. For most of us, this sense of community is nurtured and expressed in our neighborhoods where we give each other an opportunity to share and feel part of a larger family...I call upon the people of the United States and interested groups and organizations to observe such day with appropriate ceremonies and activities."

It's a wonderful opportunity to foster community spirit and strengthen relationships among seniors. We're inviting you to become a part of making this holiday not just a day, but a national movement.

Please join us September 17th from 1:00pm – 2:30pm for card making class (registration is required).

And, come by the Senior Center on Friday, September 26th from 12:00pm to 2:00pm for some light refreshments to celebrate this special day.

A different way to donate!

Simply scan the QR code and you'll be directed to the secure donation website. We appreciate all donations, no matter the amount, and we thank you for your kindness!

Give A Little...Help A Lot!



The Brewster
Recreation Department
and Council on Aging
Present

Bocce Tournament at the Brewster COA!

**Saturday,
September 27th**

From 9 to 11 AM



STAFF WILL COORDINATE TEAMS AND KEEP SCORE. RULES
WILL BE REVIEWED BEFORE PLAY STARTS. LIGHT
REFRESHMENTS WILL BE SERVED.

THIS EVENT IS FREE! PRE-REGISTRATION IS REQUIRED.
TO REGISTER CALL THE COA AT 508-896-2737

Congratulations to Ray DePietro, our 2025 Volunteer of the Year!



Ray DePietro's passion for Qi Gong brought him to teach class at the Council on Aging. He estimates he has been volunteering for 15 years. Ray's long interest in exercise initiated his journey to Qi Gong. He has a group of loyal students who follow his lead exploring their inner selves with Ray's goal of helping his students take care of their bodies. His open spirit and warm demeanor create an environment for opening joints in the body with slow movement, visualization, deep breathing and meditation. Ray says he prefers practicing Qi Gong out of doors. He schedules classes at Drummer Boy Park when appropriate. His classes meet Tuesdays at 9-9:45am.

Ray is also a volunteers at his church where he is a greeter and Eucharistic Minister. When asked why he likes being a volunteer, Ray answers "It makes me feel better".

Thank you Ray! Your beautiful attitude makes **us** feel better!

**HALLOWEEN
GHOST STORIES**

Come spend Halloween with us!
Have some fun Halloween memories you want
to share? Or a good ghost story you want to
tell! Then come join us around the "campfire"!

31 OCTOBER
1:00 - 3:00

GOODY BAGS!
LIGHT REFRESHMENTS!

Don't forget to wear a costume
Best one wins a prize!

To register, call the COA at 508-896-2737
BREWSTER COA - 1673 MAIN STREET

VOLUNTEER TO MAKE A DIFFERENCE

Want to make a difference in your neighbors' lives? Nauset Neighbors is an all-volunteer non-profit organization whose mission is to help older adults stay independent in their homes and active in their communities. We offer rides to appointments, tech help, simple handyman tasks, and friendly visits to our members. You can participate by signing up to volunteer. Volunteering is easy and flexible with simple on-line scheduling. There is no cost involved. We hope to welcome you to our team soon. You can visit our website at www.nausetneighbors.org or call us at 508-514-7067.

Disclaimer: The Brewster Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Brewster Council on Aging, The Brewster Senior Center, the Town of Brewster, or its employees or agents DO NOT ASSUME ANY LEGAL RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR NOMINAL COST PRACTITIONER. Any act, advice, or service by outside providers at the Council on Aging SHOULD NOT BE PRESUMED TO BE ENDORSED OR SPONSORED BY THE BCOA.



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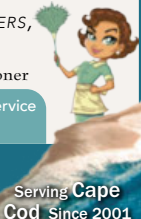
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  The COA is Closed	2 9:00am Qi Gong 9:30am W.O.W. 10:00am Hearing Screenings 11:00am Chair Yoga 1:00pm Keep Movin'	3 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	4 9:00am Walking Club 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	5 9:00am Foot Care 1:00pm Mah Jongg
8 9:00am Int. Tai Chi 10:00am BP & Glucose Testing 10:15am Adv. Tai Chi 1:00pm Canasta	9 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 2:00pm Alz. Caregiver Support Group	10 9:00am Beginner Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 11:00am Healthy Meals in Motion (COA) 1:00pm Quilters	11 8:00am Pet Nail Trim 9:00am Walking Club 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	12 11:30am End of Summer BBQ  1:00pm Mah Jongg
15 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 1:00pm Canasta	16 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin'	17 9:00am Beginner Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 10:00am Reiki 1:00pm Quilters 1:00pm Good Neighbor Day card making	18 9:00am Walking Club 9:00am Hearing Screenings 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	19 1:00pm Mah Jongg 1:00pm Drumming For Fun and Wellness Sea Camps Art Center
22 9:00am Int. Tai Chi 9:30am Take it Away with Monet 10:15am Adv. Tai Chi 1:00pm Canasta	23 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 2:00pm Alz. Caregiver Support Group 2:30PM Storm Preparedness	24 9:00am Beginner Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm Your Home Energy Upgrade Options 2:30pm Practice your French/BLL	25 9:00am Walking Club 9:00am Int. Tai Chi 9:00am Footcare 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	26 9:00am Trip: Battleship Cove & Lunch at Morse Code Galley 11:00am Bookworm Book Club/ BLL 1:00pm Mah Jongg 1:00pm Good Neighbor Day Celebration! 1:00pm Drumming at Sea Camps 3:00pm Sound Bath
29 9:00am Int. Tai Chi 9:30am Take it Away with Monet 10:15am Adv. Tai Chi 1:00pm Canasta	30 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin'			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00am Beginner Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 11:00am The Fall of Nantucket Whaling 1:00pm Quilters	2 9:00am Walking Club 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 1:30pm Come Collage With Us! BLL 2:00pm BMCC 2:30pm Chair Yoga	3 9:00am Foot Care 1:00pm Mah Jongg 1:00pm Drumming at Sea Camps
	6 9:00am Int. Tai Chi 9:30am Take it Away with Monet 10:15am Adv. Tai Chi 1:00pm Canasta	7 9:00am Qi Gong 9:30am W.O.W. 10:00am Hearing Screenings 11:00am Chair Yoga 1:00pm Keep Movin' 2:00pm Alz. Caregiver Support Group 2:00pm Community Talk:Ageism 101 BLL	8 9:00am Beginner Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 11:00am Healthy Meals in Motion (COA) 1:00pm Quilters	9 8:00am Pet Nail Trim 9:00am Walking Club 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 2:30pm Chair Yoga
13 THE COA IS CLOSED 	14 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin'	15 9:00am Beginner Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 10:00am Reiki 1:00pm Quilters 1:30pm Essential Oils 101	16 9:00am Walking Club 9:00am Hearing Screenings 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 2:30pm Chair Yoga	17 10:00am Swimming at Brewster Green 1:00pm Drumming At Sea Camps 1:00pm Mah Jongg Day at COA 
20 9:00am Int. Tai Chi 9:30am Take it Away with Monet 10:15am Adv. Tai Chi 11:30am Memory Screening by TLC Home Care 1:00pm Canasta	21 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 2:00pm Alz. Caregiver Support Group	22 9:00am Beginner Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 2:30pm Practice your French/BLL	23 9:00am Walking Club 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 2:30pm Chair Yoga	24 11:00am Trip:Movie Matinee and lunch at the Chatham Orpheum 11:00am Bookworm Book Club/BLL 1:00pm Drumming at Sea Camps 1:00pm Mah Jongg
27 9:00am Int. Tai Chi 9:30am Take it Away with Monet 10:00an BP & Glucose Testing 10:15am Adv. Tai Chi 1:00pm Canasta	28 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 1:00pm Legal Help	29 9:00am Beginner Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	30 9:00am Walking Club 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 2:30pm Chair Yoga	31 1:00pm Mah Jongg 1:00pm Ghost Stories 



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Bewitching Salem 10/05, \$79
Winnepesaukee Railroad & Harts Turkey Dinner 10/13, \$159
Always Olivia Tribute & Lunch (Newton-John) 10/22, \$139
Mohegan Sun - New England Christmas Festival 11/08, \$89
SMILE Holiday Tribute & Lunch (Streisand & Bennett) 12/02, \$136
Holiday Pops Boston - First Balcony-Matinee 12/05, \$155
Annual Holiday Luncheon-Di Parma Italian Table 12/08, \$25
Christmas In Newport-3 Mansions 12/09, \$89
Holiday Pops Boston-3 PM 1st balcony 12/05, \$155
Christmas In Newport - 3 Mansions 12/09, \$89

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Lion King 2 Dates: 5/21 \$125/\$105 - 5/30 \$155/\$140
SIX The Musical 10/25 \$145/\$129
SUFFS 3/22 \$185
Great Gatsby 7/19, \$185

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Viking Homelands August 2026
Canadian Rockies VIA Rail August 2026
Viking Mississippi Delta Explorer October 2026
Sunny Tucson & The Old West November 2026
Christmas in Victoria & Vancouver December 2026

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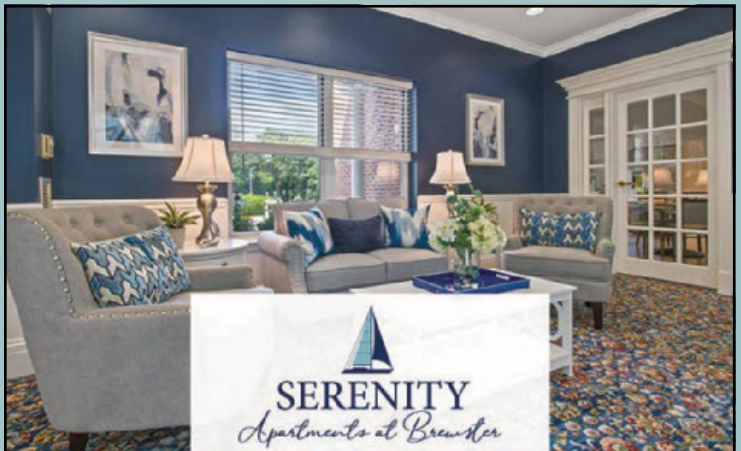
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All programs/activities take place at the Brewster COA unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

Chair Yoga

September

Tuesdays: 11:00-12:00

4-week series: September 2nd - 23rd

\$35 for series

Thursdays: 2:30-3:30

4-week series: September 4th- 25th

\$35 for series

October

Tuesdays: 11:00-12:00

5-week series: September 30-October 28

\$42 for series

5-week series: October 2-October 30

\$42 for series

Looking to stretch, strengthen and restore balance in your body? Join Marty Zurn, Kripalu RYT 500 for chair yoga. Chair yoga is an adaptive yoga practice that allows you to stay seated while practicing yoga focused poses. It can be practiced by anyone who wants to enjoy the benefits of yoga and may (or may not) have mobility limitations. Chair yoga is an accessible, inclusive way for yogis to experience the benefits of yoga, without stressing joints, worrying about balance, or supporting body weight. Advanced registration is required. For more information and to sign up please call Marty at 508-326-4224 or email Marty at martyzurn@comcast.net.

Beginner Mah Jongg

Wednesdays: 9:00-11:00

Two 5 week sessions

1st Session September 10-October 8

2nd Session October 15-November 12

Cost : \$90-includes \$15 for Mah Jongg card and \$75 for the class paid to the instructor at first class.

Join Mah Jongg instructor Anne M. Walther and learn how to play this game of skill and luck, while having some fun and meeting new people. Printed materials will be available to help you learn and enjoy the game. Space is limited. To pre-register, call the COA at 508-896-2737 no later than **Monday, September 8th for the first session and no later than October 14th for the second session**

Good Neighbor Day card making

Wednesday, September 17, 1:00-2:30

Free

Do you have a neighbor or neighbors that are always helping you out? Or are you just looking for a reason to be neighborly? Want a creative way to do this? In honor of Good Neighbor Day (September 26), our favorite card maker, Lauren Zeller will be facilitating a card making group and will show you how to make some fun cards to say 'thank you' or even just 'hi'. No creative experience necessary, there is no judging, no pressure, just a space to have a lot of fun and a way to be a good neighbor. Each person will receive a kit with all the materials to make at least 6 cards and envelopes. To sign up, please call the COA at 508-896-2737 no later than Monday, September 15th

Please note, all field trips are subject to cancellation and may not be able to be rescheduled

Battleship Cove Maritime Museum and Ships and lunch at the Morse Code Galley

Friday, September 26, 9:00-3ish

\$20 and money for lunch

Join us as we visit both the Maritime Museum and Ships at Battleship Cove, a non-profit war memorial and historic military museum with an emphasis on naval heritage. Lunch will be on the premises at the Morse Code Galley. The ships are not handicapped accessible, there is a steep gangway to access them and ladders to explore inside the ship. **Please note, the museum is ADA accessible. If you have mobility issues and would like to attend despite not being able to go on the ships, an able-bodied assistant must attend as staff will not be available for mobility issues.** To sign up, please call the COA at 508-896-2737

Reiki

Returning from summer hiatus!

Every 3rd Wednesday of the month

September 17th and October 15th

10:00am-12:15pm

Free!

Come experience the many benefits of Reiki with Shirley Wladar, RN and Reiki Master!

Reiki is an energy healing technique which promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands in a non-invasive manner to deliver energy to your body, improving the flow and balance of your energy to support healing. Sessions will be seated. Please wear comfortable clothing. Appointments are limited and registration is required. Please call the Brewster COA at 508-896-2737 to reserve your spot.

Take It Away With Monet: A creative exploration of Monet and other Masters

Mondays: 9:30-11:00

September 22-November 3 (no class October 13th, Columbus Day)

\$95 for 6 week class payable to instructor at first class

Join Artist/Instructor Jennifer Stratton for this 6 week class that will explore some of the well known and not so well known masters of art. Your artwork will be based on what you see and learn about, culminating in a final project inspired by an artist of your choosing. We will be using watercolor, acrylic and maybe even some mixed media. This class is for everyone. No experience in art is necessary. Jennifer will provide the necessary materials and during the first class she will direct you as to where you can get some of your own materials. Come join the fun! To sign up, please call the COA at 508-896-2737

Sound Bath

Friday, September 26 3:00-4:00

Free

Join us for a relaxing treat and bathe in the healing vibrations arising from the magical tones of crystal bowls, gong and voice. Carol Marcy will introduce you to an experience that is immensely relaxing and renewing as well as teach you how to bring healing energy to your own body, mind and spirit. The program will begin with a nature based guided meditation to help you settle in to an inner focus of peacefulness. **Please dress comfortably and be prepared to lie down on the floor or sit in a chair for approximately 40 minutes. You may want to bring pillows, blankets or a yoga mat to help you be comfortable.** To pre-register, please call the COA at 508-896-2737

10 UPCOMING PROGRAMS

All programs/activities take place at the Brewster COA unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

Storm Preparedness Program

Tuesday, September 23, 2:30-3:30

Free

Having the essential knowledge and preparing for severe weather is crucial for safety and minimizing damage. Join Scott Romer, Fire Prevention Officer for the Brewster Fire Department to learn how to safeguard your family and property during severe weather events. To sign up for this important presentation, please call the COA at 508-896-2737

Your Home Energy Upgrade Options

Wednesday, September 24, 1:30-2:30

Free

Cape Light Compact is a nationally recognized award-winning energy services organization operated by the 21 towns on Cape Cod, Martha's Vineyard and Dukes County. Compact's mission is to serve its 210,000 customers through the delivery of proven energy efficiency programs, effective consumer advocacy and renewable competitive electricity supply. Join Katherine Coleman to learn more about our residential energy efficiency programs and how The Compact can help you reduce energy bills, increase year-round comfort and create a healthier environment in your home. To sign up, please call the COA at 508-896-2737

The Fall of Nantucket Whaling

Wednesday, October 1, 11:00-12:00

Free

Join us for a special presentation by the Nantucket Historical Association. Every community has fires and Nantucket is no different. The Great Fire of 1846 not only helped destroy the economy of the Island but also led to it no longer being one of the whaling capitals of the world. This talk will explore the Great Fire and the response for

help from people on Cape Cod. The presentation is

approximately 20-30 minutes long followed by questions and answers. Don't miss out on this great opportunity to learn about Nantucket's history! To sign up, please call the COA at 508-896-2737

Come Collage with Us!

Thursday, October 2, 1:30-3:30

Brewster Ladies' Library

Free

Come collage with us as we team up with the Brewster Ladies Library for an afternoon of creative fun! What will you collage? Maybe something that reminds you of summer? Or your favorite parts of Autumn. Your collage can be whatever you'd like it to be. No experience is necessary.

For ages 16 and up—so bring a grandchild! To register please call the library at 508-896-3913 or sign up online at www.brewsterladieslibrary.com by going to the events calendar under the library info tab

Community Talk: Ageism 101

Tuesday, October 7, 2:00-3:30

Brewster Ladies Library

In recognition of Ageism Awareness Day, the Council on Aging and Brewster Ladies Library invite you to a community discussion aimed at raising awareness about ageism—prejudice and discrimination based on age. Sharon Tennstedt and Eva Orman, both part of the leadership for Healthy Aging Cape Cod, will explore what ageism is, its impact on individuals and society, and how we can challenge stereotypes across generations. Together, we'll learn how to foster a more inclusive environment for people of all ages. Your voice matters and we invite you to participate in this vital conversation! Join us to learn more about ageism and how it shows up in our daily lives. Share your experiences and learn how we can make helpful changes.

To register please call the library at 508-896-3913 or sign up online at www.brewsterladieslibrary.com by going to the events calendar under the library info tab

Please note, all field trips are subject to cancellation and may not be able to be rescheduled

Pick Your Own Pumpkin as Tony Andrews

Farm and lunch at The Portuguese

Friday, October 10, 9:00-3:00ish

Money for your pumpkin, farm stand items and lunch.

Join us for a fun time as we pick our own pumpkins and explore all the other goodies at Tony Andrews Farm! Afterwards we will head over to The Portuguese restaurant for lunch. To view The Portuguese's menu go to www.theportuguese.net **Please note, do to the nature of this program, you must be able to walk independently. Space is limited, to sign up, please call the COA at 508-896-2737**

Essential Oils 101

Wednesday, October 15, 1:30-2:30

\$6 for Lavender Linen Nighttime Spray

Are you interested in essential oils? Join Karen Bonitto of Ciao Bella Essential Oils and learn all about what essential oils are, where they come from, and how to use them for health, wellness, and a healthy home too! To register, please call the COA at 508-896-2737

Mah Jongg Day!

Friday, October 17, 1:00 - 4:00

Donation fee: \$10

Calling all Mah Jongg players! Come join us for Mah Jongg Day! The tables will be set for four players and you can play at your pace and your style. Play with friends or meet new ones. It will be a fun afternoon with door prizes and refreshments! Anne Walther will be hosting and will be there to assist. Space is limited so sign up now! To register you can email Anne at annemarymarti@gmail.com or you can call the COA at 508-896-2737.

All programs/activities take place at the Brewster COA unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

PEN PAL PROJECT!

We are looking to collaborate with both Eddy Elementary and Stony Brook Elementary schools in creating a pen pal program between students and seniors. It's a fun way to bridge the gap between generations as well as help children with their writing and communication skills in a meaningful way. Real connections are made that go both ways. Time commitment is a meet and greet and approx. 3 letters a year

**If interested contact Annie at the COA
508-896-2737**

Memory Screening

Monday, October 20 11:30-1:30

Free

Jolene Cicchese of TLC Private Home Care, Certified Dementia Practitioner(CD), and an Authorized Memory Screening Partner with Alzheimer's Foundation of America will be conducting private and confidential memory screenings at the Brewster Council on Aging. Please contact the COA at 508-896-2737 to make your appointment

Please Note, all field trips are subject to cancellation and may not be able to be rescheduled.

Movie Matinee and lunch at the Chatham Orpheum

Friday, October 24, 11:00ish-2:00ish

Movie –to be announced

Admission-Free but bring money for Lunch

Join us for a mystery movie and lunch at Pizza Shark! It's a mystery because it's too soon for the Orpheum to know what will be playing! But let's have some fun, get cozy and watch a movie together with lunch from Pizza Shark-right there in the theater! For those who sign up, we will decide on what movie as we get closer. Tickets are graciously paid for by the Chatham Orpheum, but lunch is the responsibility of those in attendance. To view Pizza Shark's menu go to

www.chathamorpheum.org **Please note, the Orpheum Theatre is ADA accessible BUT an able-bodied assistant must attend as staff will not be available for assistance with mobility issues.** Space is limited, to sign up please call the COA at 508-896-2737

ONGOING SOCIAL



Walking Club

Thursdays, 9:00—10:00ish

Join us Thursdays for an hour long scenic walk at various locations. Enjoy comradery as you exercise! **For mor information and to join, call Annie at the COA at 508-896-2737**

Canasta!

Mondays, 1:00—3:30

FREE

Do you enjoy playing Canasta and are looking for a place to play? Come join us on Monday afternoons. This is an easy going, friendly group who are open to all levels of experience and just want to have fun playing Canasta. For more information, please email Rose Gadbois at w.gadbois@comcast.net

WOW (Wonderful Older Women)

Tuesdays, 9:30—11:00

Do you enjoy talking with others and feeling good about your day? If you like to discuss books, movies, local events and issues, WOW would love to welcome you to our weekly discussion group. You'll find us to be a very friendly group with a positive attitude!

Knitting/Crocheting

Wednesdays and Thursdays

10:00—12:00

We have an informal knitting/crocheting circle at the COA. All levels are welcome. Bring any

ONGOING PROGRAMS 11

projects you are working on or need help with! Questions? Call the COA.

Quilters

Wednesdays, 1:00—3:00

The Brewster Baysters invite all levels of quilters to join them and share their ideas and free advice. Bring your Quilting inspiration, enthusiasm, some handwork, and don't forget your Show and Tell!

Bingo!

Thursdays, 12:15—1:30

Spend time with friends and have fun!

Please note: if you are using COA van transportation, please let us know no later than **2 days before** if you are coming to lunch and staying for Bingo.

Brewster Men's Coffee Club (BMCC)

Thursdays, 2:00—4:00

Where we remember less, but live more!

Join us to unleash the power of life experiences, laughter, and friendship. Together, we share stories, wisdom, and adventures from a lifetime well lived. In the golden years, connection matters more than ever. So come, enjoy a cup of coffee, and let's celebrate the richness of life!

American Mah Jongg

Fridays, 1:00—3:30pm

Welcome Mah Jongg players! Join us for friendly games on Friday afternoons! All levels welcome. Please bring your card and tiles. Instruction will not be provided. For more info and to join, please e-mail Barbara at cbjohnsonhome@comcast.net

Bookworm Book Club

Every 4th Friday, 11:00am-12:00pm

Brewster Ladies Library

Returning from summer hiatus! Led by avid reader, Patrice Thornberg, this book club is a little different from your average book club. In this one you get to read whatever you want to and then share it at the meeting. And the best part is, afterward, since you are already at the library, you get to take out more books! For more information and to sign up, please contact Patrice at 617-872-1109 or pthornberg@comcast.net

12 ONGOING PROGRAMS

EXERCISE

Intermediate Tai Chi Class;
Mondays and Thursdays
9:00 am - 10:00am
\$18/class

This class is open to anyone with prior Tai Chi experience. Recent studies show Tai Chi to be beneficial for lowering blood pressure, improving balance, stress reduction, better hand-eye coordination, and more. Classes are fun and energetic, incorporating stretching warm-ups, breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. We will be learning the 24 Posture Yang Style. Our instructor, A.Jay Zahn, has been practicing for over 40 years and teaching at the Brewster COA since 2019. **For more information or any questions, email: capecodtaichisociety@gmail.com.**

Advanced Tai Chi
Mondays & Thursdays
10:15 – 11:15am
\$18 per class

This class is offered to folks who have learned the 24 Posture Yang Style Tai Chi Form (National Beijing Form). The focus for the first hour will be on exploring the "meditation-in-motion" aspect of Tai Chi. Classes incorporate warm-ups including Qi Gong exercises and an exploration of Traditional Chinese Medicine concepts for health and vitality. On Thursdays, an optional half hour will be dedicated to studying the 16 Posture Sword Form. To register for class or for more information, **contact the instructor, A.Jay Zahn, at 607-227-0509 or email him at: capecodtaichisociety@gmail.com.**



Qi Gong
Tuesdays 9:00 – 9:45am FREE

Qi Gong is a form of exercise that dates back 3000 years. Therapeutic motion is used involving slow, repetitive movements which incorporate meditation, deep breathing and visualization. Qi is energy which needs to be renewed and replaced with fresh Qi. The movements deal with our meridians to relieve and support various organs. We meet at the Brewster COA and at Drummer Boy Park (warmer weather permitting). Contact our instructor, Ray DiPietro, to register for the class. **Either email him at rayvector@hotmail.com or call him at 508-246-4486.**

Keep Movin'
Tuesdays & Thursdays, 1:00 - 2:00pm
Cost: See below

This program is primarily strength-training for seniors. The classes are a fun way to relieve arthritis symptoms while learning important strengthening exercises. Participants build strength, coordination and balance each week by using hand and leg weights, balls and bands. **Cost will be discussed upon registration. Please email our instructor, Cindy Doutrich, at cdoutrich@ycp.edu to register.**

HEALTH

Blood Pressure and Glucose Testing
2nd Monday of each month:
September 8th and October 27 (No screening Columbus Day)
10:00 - 11:00am

A Barnstable County Public Health nurse will take your blood pressure and check glucose if needed. This program is offered on a drop-in basis. **FREE**

Hearing Screenings by
At Home Hearing Healthcare

1st Tuesdays, 10:00am – 12:00pm
September 2 and October 7
FREE

Shawn Woodbrey, licensed Hearing Instru

ment Specialist of At Home Hearing Healthcare will be here the first Tuesday of each month from 10:00am – 12:00pm. As well as hearing tests, Shawn can remove cerumen, clean, maintain, and repair any hearing aid model. He can also perform otoscopy to check for any medical issues as well as provide counsel for expectations of the devices and communication issues that hearing aids won't solve. Appointments are limited. Registration is required. **Please call the COA at 508-896-2737 to reserve your spot.**

Hearing Screenings by
Advanced Audiology Associates
3rd Thursdays, 9:00 – 11:00am
September 18 and October 16
FREE

Advanced Audiology Associates offers **FREE** screenings on the 3rd Thursday of each month. Screenings are **by appointment only** and last approximately 15 minutes. These will include hearing screenings, ear inspections and hearing aid checks. **Call the COA at 508-896-2737.**



Meditation Class
Thursdays 10:00 – 11:00am
FREE

Join Carol Marcy, certified meditation instructor for this heart centered practice that uses deep breathing techniques and guided imagery to increase calmness and relaxation. Please wear loose fitting clothing as some mindful movement may be included. Open to all levels of experience. For more information and to register, please contact Carol at drcarolmarcy@gmail.com

Complimentary Hearing Clinic at the Brewster COA!

Please Call for Clinic Dates and Times



Call Today to Schedule a Complimentary Hearing Test:

Brewster COA – 508-896-2737

Shawn Woodbrey – 508-375-5314

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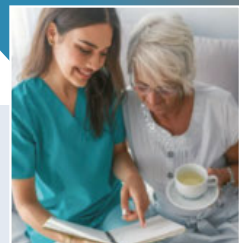
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14 ONGOING PROGRAMS

NUTRITION

Senior Dining at the COA Thursdays 11:30am - 12:15pm

Lunches are served at the COA every Thursday. You will need to **reserve your spot 2 business days in advance**. Suggested donation of \$4.00/meal. Call our Brewster Nutrition Center at 508-896-5070 to reserve. Live piano music is provided by our wonderful volunteer pianist during lunch on most Thursdays. Transportation can be arranged, if there is space. Call the COA at 508-896-2737 to book your ride. Rides to/from lunch are FREE! The Senior Dining program is sponsored by Elder Services of Cape Cod and the Islands.

Meals on Wheels

Meals on Wheels delivers meals to people age 60+ who are unable to prepare their own meals. For more information call Elder Services, Information and Referral at 508-394-4630 or 1-800-244-4630. If you are already a client and need to reach our Nutrition Site, please call 508-896-5070.

Healthy Meals in Motion

2nd Wednesday of every Month
Parking lot behind the COA
September 10 and October 8
11:00am - 12:00pm

This program serves all eligible Brewster seniors, providing groceries, fresh produce and paper products monthly. Pre-order from a wide selection of food items and your order will be ready for pickup at the COA parking lot behind the building. The date is **always** the second Wednesday of each month. Please call the COA Outreach Office to enroll in the program at 508-896-2737.

EDUCATION

Computer Help Wednesdays 10:00am - 12:15pm

Do you need help using your computer? We have one-on-one, 45-minute sessions available to help you feel more confident in

your computer skills. Our knowledgeable and dedicated volunteer instructor, Del Borah, is here to help you on Wednesday mornings. For all appointments, call the COA at 508-896-2737.

Practice your French a la Bibliotheque

4th Wednesday of the month
2:30 – 4:45pm
Brewster Ladies' Library 1822 Main St.

Parlez vous francais? Would you like to practice your French conversation skills? Join us every month for tea & talk with other francophone friends/copains. Some fluency is required (intermediate speaking skills). If interested and to learn more about it, please email Anne Marie at: dany2220@yahoo.com.

SERVICES

Alzheimer's Caregiver Support Group and Activity Group for People with Cognitive Impairment

2nd & 4th Tuesdays: 2:00 - 3:30pm
September 9 & 23 and October (note date change) 7 & 21

Located at the COA, these groups are offered by Alzheimer's Family Support Center for both Caregivers and those they care for. The Caregivers support group and the Cognitive Impairment support group run simultaneously. Pre-registration is required; this is not for drop ins. **Please call Alzheimer's Family Support Center at 508-896-5170 for more information and/or to sign up.**

Outreach

Outreach is available for help with a variety of services, including: SHINE/Medicare counseling, help with applying for town and local assistance programs such as the Good Neighbor Fund, Senior Tax Exemptions, SNAP, Fuel Assistance, Lower Cape Outreach Council, St. Vincent De Paul and the COA's Mobile Food Pantry.

We can also help with housing assistance programs such as those offered through HAC and the Homeless Prevention Council, and community referrals to agencies such as Elder Services, South Coastal Counties Legal Services, Independence House and various health and homecare agencies.

For more information, please contact the Outreach Department at 508-896-2737 and ask for Cindy or Linda. They are always happy to help!



SHINE

Highly-trained counselors help seniors and Medicare beneficiaries understand their rights and benefits. Contact the COA for an appointment at 508-896-2737.

Legal Help

If you are a resident 60+ and **have an urgent issue** regarding eviction defense, denial or termination of state or federal benefits (Social Security, Supplemental Security Income (SSI), SNAP, etc.) or healthcare issues involving MassHealth or Medicare, you may apply for services from **South Coastal Counties Legal Services (SCCLS)** by calling their Hyannis Law Office at **774-487-3251** or the intake line at **1-800-244-9023**. **If your matter is not urgent**, 1/2-hour appointments occur the 4th Tuesday of even months at the Brewster COA but you still must call SCCLS directly to schedule. In addition, Attorney Adam Dupuy with the Ardito Law Group is available for phone appointments. He can be reached by calling 508-775-3433.

Pet Nail Trimming**September 11 & October 9 (2nd Thursday)****8:00 - 8:30am****Brewster COA (in the back parking lot)**

The cost is \$3.00 per pet's nail trim for senior (60+) pet owners, and is offered on a first come, first served basis in the COA parking lot behind the building (look for the van). **For more information, please text (preferred) or call Karen Duble of Buttons and Bows at 508-360-2596.**

Foot Care**Fridays: September 5 and October 3
9:00am - 2:30pm****\$45.00 cash only (NO checks)**

Autumn Knight, our Foot Care nurse, has a lot of experience in the field and works for Cape Cod Healthcare in their clinical education department. In addition to being a RN, she is also a Certified Foot Care Nurse/Specialist. 30-minute appointments are available from 9:00am to 2:30pm. Call the COA to schedule your appointment at 508-896-2737.

Senior Shellfish Licenses**Senior Shellfish Licenses are available at the Brewster COA on Wednesdays and Fridays, 9:00am – 3:00pm.**

Please bring your current Lifetime Senior Shellfish Permit with you to exchange. All new 70+ permit applicants, including veterans over age 70, will pay an annual \$15 yearly fee. Permits are good for the calendar year. Please bring your current driver's license or ID. If your ID does not show your Brewster address, please bring along something that does (such as a tax bill). If you are a veteran, please bring along proof. One permit per household.

For more information on the Shellfish program, please visit the Natural Resources & Shellfish Department page on the Town's website at:

<https://www.brewster-ma.gov/natural-resources-harbormaster-shellfish>

Friends of Brewster Seniors

Fall is just around the corner and that means you have a great opportunity to connect with old friends and new at our next two events.

The annual **Lobster Roll Cruise** is on Friday, September 5th and all are welcome to make reservations. It's only \$36 per person and includes lunch and a cruise in the Bay. You can't beat it! Tickets must be purchased by August 21st!

The **Taste of Crosby Mansion** is the next all-inclusive event that anyone can purchase a ticket. Enjoy a pleasant Sunday afternoon (October 5th) with your friends and a glass of wine and great appetizers. Cost is \$15 per person.

Need more complete details? If you're a member, you can find the information in the August 2025 newsletter. Otherwise, just go online at www.FriendsOfBrewsterSeniors.org or stop down at Sea Captains' Thrift Shop to sign up. Hope to see you there!

Our Relationship with the COA Explained

ICYDK, the Friends organization is a separate non-profit from the COA; however, supporting the COA and its members is well within the Friends' mission. While ALL seniors are automatically members of the COA, to be a member of the Friends, you must actively sign up. Those who are members get a monthly newsletter, access to discounted tickets for events and trips, and the knowledge that your dues are helping other Brewster Seniors. Why not sign up today? It will be the best \$15 that you ever spent...except, of course, the \$15 ticket to the **Taste of Crosby Mansion!**

What's New at Sea Captains' Thrift Shop?

By mid August, we would have switched our men's and women's clothing to more fall-like attire. We also start putting out heavier bedlinens and some seasonal items, too, such as themed tablecloths and napkins.



Did you know, by the way, that we post pictures daily on our Facebook page? Just look up Sea Captains' Thrift Shop on Facebook....we're the only one! Check us out and come on down! By monitoring our Facebook posts, you'll know when the sales are taking place, too.

***Life is better when you're smiling and laughing. Try it sometime!***

Visit our Website: <https://www.friendsofbrewsterseniors.org>

Or just **scan the QR code!** Stop by our **Facebook Pages**, too! Both the **Friends** and **SeaCaptains' Thrift Shop** have Facebook Pages



BHT - BOSTON HOSPITAL TRANSPORTATION

Enjoy comfortable and safe transportation from Cape Cod DIRECT to Boston hospitals on a wheelchair-accessible bus. Service available Monday thru Thursday only.

MONDAY thru THURSDAY SCHEDULE

7:30am Orleans (Shaw's Market)
7:40am Fontaine Medical Center (Entrance)
7:45am Harwich (Route 6 & 124 Commuter Lot)
8:00am Barnstable (Route 6 & 132 (Burger King)
8:15am Sagamore (Commuter Lot)

RESERVATIONS are a MUST!!! (Reserve no later than 9:00am the day before). **\$30.00 Round Trip/\$15.00 One-way.** Cash or Checks (payable to CCRTA) accepted. For reservations call **1-800-352-7155, Monday - Friday, 8am - 5pm.** Schedule your medical appointments between 10am & 2pm. The bus will leave Boston by 3pm. Please visit the website for more information:
www.capecodrta.org

BCOA TRANSPORTATION INFORMATION **All riders must be 60+**

COA VAN - We offer trips for Grocery Shopping on **Mondays and/or Wednesdays, from 11:00am to 1:00pm. We require a minimum of 2 FULL business days notice.** Maximum of 6 people per trip. A suggested donation of \$2 is accepted for this service. Call the COA to schedule your ride at 508-896-2737.

MEDICAL & DENTAL APPOINTMENTS - Volunteer drivers are available for transport to **routine (1 - 2hrs)** medical appointments in their personal cars. We travel as far as Hyannis and regret we cannot accommodate patients having procedures. Please call the COA at 508-896-2737 **as soon as you make an appointment or at least 4 FULL business days (Mon. thru Fri.; weekends do not count)** in advance so that we can schedule your ride. **One ride per person per week.** Please notify the COA if you can't keep your appointment so we can notify our driver. Donations accepted for this service. All appointments should be booked for times between **9:00am and 2:00pm.**

WHEELCHAIR-ACCESSIBLE VAN - Transportation to medical appointments is provided by a staff person, Monday through Friday. **A minimum of 7 FULL business days advanced reservation is required. An able-bodied assistant must accompany the rider.** Donations are accepted. Call the COA for more information at 508-896-2737.

This agency and its programs are funded (in whole or in part) by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living by a contract from Elder Services of Cape Cod and the Islands.

DART - DIAL-A-RIDE TRANSPORTATION Service: CCRTA provides a daily, general public-demand response service that is wheelchair-accessible, door-to-door, and ride-by-appointment. This service is available to all Cape Cod residents and is available Monday through Saturday in all towns, with limited Sunday service. Rides must be scheduled by no later than noon on the day prior to a ride. Rides can be scheduled up to 30 days in advance. The DART does not run on holidays. **For available times in Brewster please call Customer Service toll-free at 800-352-7155, Monday thru Friday, 8:00am - 5:00pm.**

OR CURRENT RESIDENT

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